

Daily

7:00am

Lectio

Prayer

(Family and ministry)

8:30am

Campus Ministry

Music

Workout

6:30pm

Connect with Family

(dates, calls, walks, prayer)

Family Responsibilities

10:30pm

Gospel Meditation

Examen

Spiritual Reading

Weekly

Sabbath, Examen

Fasting, Voice (2x/month)

Dates with Pat

Journaling

Monthly

Group Spiritual Direction

Spiritual Friendship

Speak, Sing

Quarterly

Retreats

Write Songs

Annually

5 weeks vacation

Mission Trip with Family

Rhythm of Life